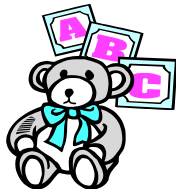


March 2006

Call the Family Support to sign up for classes
777-4681



BABY BEAR

Tuesday, 7 Mar,
1300-1600

The class is for expectant parents or parent who have just delivered their first child. The class is taught by pediatric nurses and includes videos on parenting, parenting for first time fathers and a section on budgeting for a new baby. At the end of the class every family will receive a baby bundle worth \$75 provided by the Air Force Aid Society.

Relocation Programs

KIDS ON THE MOVE

Monday, 6 Mar, 1530-1630

A program for children ages 6-12 who are leaving Hill AFB or just arriving on station. The class discusses the process of moving from the child's perspective. It is an open forum for the children to ask questions and talk to other children.

The children will receive maps, games and a camera.

SMOOTH MOVE

Thursday, 9 Mar and 23 Mar,
1300-1400

Learn from the experts how to organize and prepare for your PCS move. Pick up your household goods but leave out the stress.

Initial Sponsor Training

Wednesday, 29 Mar, 1300-1400

Refresher Sponsor Training

Tuesday, 21 Mar, 1300-1400

AFI 36-3011 requires that all first-time sponsors and those who have not sponsored a newcomer in the past year attend sponsorship training. Sponsorship training can help you be the perfect sponsor. Guidebook and information provided.

Financial Management Classes

WOMEN, INFANTS, AND CHILDREN (WIC)

Wednesday, 1 Mar, 1130-1230 & 1645-1745

If you are pregnant or have an infant or child under five, you may qualify for this nutrition program.

GETTING OUT OF DEBT/AVOIDING PAYDAY- LOANS

Tuesday, 7 Mar - 1645-1745

Are you trying to recover from a financial setback, a loss of income or an unexpected expense, that is leaving you with an unsure financial future? Are you getting by from month to month by building your debt instead of your savings? Then this workshop is for you.

Come join us for some tips on how to reverse this vicious cycle.

I AM IN FINANCIAL CRISIS, WHERE DO I GO?

Wednesday, 8 Mar - 1645-1745

Are you one of the millions who are digging themselves into money trouble through the use of consumer credit? Want to know what your available resources are? Learn about where to go and how to get back on the right track.

CLUTTER FREE LIVING

Thursday, 9 Mar - 1130 - 1230

Come join this workshop and learn some great tips on how to take control of the clutter that collects in every available space and eats into your personal time and career. Great for those suffering from "junkholism" or "clutterphelia."

The Airman's Attic is in need of volunteers! Contact them at 586-2699 to help out.



Retiring, separating or affected by Force Shaping? Contact the Transition Team for questions and assistance at 777-4044



We're on the web, <http://www.hill.af.mil/family>